

Fried Pinto Beans

Fried pinto beans are a staple for tacos. They also work well as a paste to spread on pizzas. Easy to make, easy to burn, and very tasty. When the gums or throat are sore, they are a gentle food to eat. A little oil can keep them from clumping too much in a pan. The bean paste taste is refreshing. When frying, stay with the meal, and stir frequently, keeping the mixture barely bubbling. For additional non spice flavor, try adding a bit of tomato juice or pickle juice. Some people make unnecessarily spicy fried pinto beans.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Pinto Beans
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1.5 quart pan

Ingredients:**Meat:****Optional:**

1/4 cup chopped ham

Vegetables:

15 ounces of pinto beans

Optional:

1/4 cup chopped onions

Other ingredients:

Dash of salt

1 tablespoon of butter

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add enough oil to cover the bottom of an 8 inch frying pan.
2. Add:
 - 15 ounces of pinto beans
 - Dash of salt
 - 1 tablespoon of butter
 - Spices, such as pepper, to taste
 - Optional:
 - 1/4 cup chopped ham
 - 1/4 cup chopped onions
3. Bring to a boil on medium heat.
4. Stir. Lower heat to a simmer, and cover with a lid.
5. Stir every 5 minutes until beans break apart easily.

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.